



Gym Shorts

Winnipeg School Division Physical Education Newsletter

Welcome back

Following are some contact names and addresses that may come in handy during the year:

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Can it really be September? Which went faster? Three paycheques or 9 weeks?

Anyway, welcome back to everyone. If you had half as good a summer as I did, you will truly be ready to get back at it!

As promised last year, I will try to update you on movement within our teaching staff.

Recapping the article from the June Gym Shorts, **Ryan Isfeld** will be at Sargent Park, **Heather Newsham** at DMCI, **Nancy Galas** at Grant Park, and **Jeff Stead** at Elmwood Junior High.

Since that article, several

changes have occurred.

Nopharat Kousonsavath has taken the term for Doreen at Brock Corydon, **Michelle Senkiw** has returned to Cecil Rhodes half time and **Keith Peters** has picked up the other half, **Michael Glaveen** is at George V, **Theresa Kerkowich** has picked up all the pe at Inkster and was married over the summer and is now **Theresa Woloski**, **Walter Crockford** is at Principal Sparling, **Zenia Grosbrink** moved to Sister Mac, **Lynne Van Cauwenberghe** is at Lansdowne, **Craig Britton** goes to William Whyte, **Jeff Proskan** moves to General Wolfe and **Jamie Flint** returns to King Edward

until November.

I hope that I have everyone listed and apologize if not. Until the sheets come back from the pe teachers, I don't officially know where anyone is!

Welcome to those of you new to the division and a special welcome back to those who have been on leave.

This is an exciting time for physical education. Pick up any paper and there is news about what we do and why we need more time. Let's work together to show everyone why physical education is so important to all of our students!

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Websites

http://www.wsd1.org/PC_PhysEd/

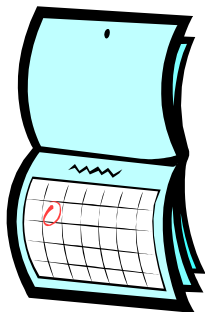
<http://www.whsfl.20m.com/>

<http://www.mpeta.ca/>

This is the short way to get to the WSD Phys. Ed. Homepage! Some of it is under the dreaded UNDER CONSTRUCTION banner, but some parts are up for you. You'll find info and contacts on Curriculum, the Safety Document, Athletics and a Calendar of Events. Also, every edition (in colour I might brag) of the Gym Shorts is also there. Hopefully over time this site will become a better resource and information centre. If there are things that you would like me to include, please contact me to suggest them.

Our Winnipeg High School Football League now has its own webpage! This has been a dream of Commissioner Ron Gustafson for a while now, and thanks to the hard work and effort in creating it by Ed Symchyshyn and Greg Kiesman, that dream is a reality. You can go to this site for all of the current info on schedule, results, stats and players of the week as well as info on the history of the league, some of the alumni etc. It is a great site and would be a wonderful "template" for other sports to follow if there is the interest from a school!

This is actually a part of the MPETA site but is right where you need to go to see the info on the National CAHPERD Conference! It lists all of the presenters, the social activities, keynotes etc. This is a "once in a lifetime" opportunity, or maybe twice if you are as old as me, and one which I hope you will take every opportunity that you can to attend. Remember that there is no SAG for Physical Education this year and you can apply to your local PD fund in order to attend. It will be well worth it!



On Deck for September and October

Mon. Sept. 8	12:15	Mon. Sept. 15	9:00—3:30	Thur. Oct. 2	9:30—11:30
Senior High Department Heads at Admin. 2, Room 106		Curriculum In Motion Project, Grade 6 level at Tec Voc and Prince Charles		Workshop on the Physical Education/Health Education Curriculum for Administrators at Prince Charles	
Mon. Sept. 8	1:30	Wed. Sept. 24	1:00—3:30	Thur. Oct. 23—Sat. Oct. 25	CAHPERD National Conference in Winnipeg
Senior High Athletic Council at Admin. 2, Room 106		CAP training for all teachers new to the BMS CAP—both phys. ed. and classroom teachers who teach their own phys. ed. but did not do the BMS CAP last year			
Wed. Sept. 10	3:00				
Junior High Athletic Council at Prince Charles, Room C					

Asthma - The third in a series by Susan Fogg, Nurse Educator, WSD

Preventing Asthma Episodes at School

For students who experience asthma symptoms with exercise, medication may be prescribed by their physician for use prior to exercise. As well, students with exercise-induced symptoms may be able to participate more fully if they perform warm-up exercises before vigorous exercise. Endurance activities may precipitate asthma symptoms, but can often be managed through appropriate use of medication. Full participation is the goal of asthma therapy. That does not mean, however, that asthma symptoms should be ignored. Ignoring asthma symptoms, or suggesting that a student continue to exercise when short of breath can be a dangerous practice. Students who become short of breath need to stop activity immediately, have their rescue medication on them or brought to them, and be moni-

tored for improvement or worsening symptoms.

In order for students with asthma to participate fully at school, there needs to be good communication between the student and their family, the school and the physician managing the child's asthma. Students with health conditions who may require the assistance or support of school staff should have a health care plan in place. The health care plan should mimic the 24-hour asthma action plan established by the asthma care physician. School policies allow medications that may be required urgently to be stored safely and accessibly, preferably on the student, and never locked. Each student with asthma should know their triggers and take steps to eliminate or reduce exposure to triggers. School staff should also be aware of a student's asthma triggers and take steps to avoid exposure or reduce exposing students to

asthma triggers at school. Students should know how to recognize symptoms of worsening asthma, communicate this information to an adult care giver, and know how to use their medication as directed. There are several asthma education programs available to children and their families to give them the knowledge and skills to better manage their asthma.

Some students may require assistance with asthma management at school due to young age or developmental difficulties. The health care plan should clarify the role of school staff, and who to call and what to do for worsening asthma symptoms. The Nurse Educator can assist with the development of a health care plan and provide student specific training for staff designated to assist a particular student, as well as general asthma training for staff.

To contact Susan

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Loan Equipment

The WSD has a variety of equipment available for division schools to borrow. A list will be distributed ASAP with all of the equipment and where it is stored. Following is "the short story."

I will be booking the Elementary

and Secondary sets of skis and snowshoes as well as the trampolines this year. Information is in the schools now. Only written requests will be taken.

Maureen Patterson (788-0203 ext. 133) will book assorted special event items like tug of

war ropes and hailers.

Several teachers have volunteered to be responsible for all of the other equipment from juggling stuff to indoor ringette sticks to track meet equipment so find the green sheet that was sent to you and check it out.



Resources and their Sources

Safety Guidelines For Physical Activity In Manitoba Schools

All physical educators and principals must have this document. It lists all of the possible activities in the instructional, intramural and interscholastic programs that schools commonly run and specifies the equipment, rules, set-up and supervision required for each of the activities. While the division has not adopted the book as policy, any deviations from the safety guidelines must be approved by your administrator. Administrators who are not sure are directed to check with their District Superintendent. This book is free and if you do not have your own copy, call Dorothy to have one sent to you.

K-4 Physical Education/Health Education Framework of Outcomes Six copies per school were sent out by MEY in the fall of 2000. This is important to see the development of the outcomes from K right to S2 and every phys. ed. teacher should

have one! They can be purchased from METY for \$10.75 or can be downloaded from the MEY website.

K-4 Implementation Document 5-8 Implementation Document

These have been distributed to each classroom and phys. ed. teacher in the province. If you are a new p. e. teacher and do not have a copy, ask your principal where your copy is. If necessary, they can be purchased from MEY. This book is a must.

All elementary schools' libraries received a complimentary copy of two resources to help in the CAP. They are **Physical Education K-4, Movement with Meaning** and **Physical Education K-4, Basic Movement Skills Assessment**. These are a great resource for all elementary teachers.

The Annotated Bibliographies are available from MEY. You can check out what is available on line on the MEY site and then ask your librarian to order

any of the items from the Portage and Wall St. Library. They will appear at your school "like magic" and if you like the resource, you can then buy it for your school

Physical Education teachers will all receive a copy of the **Athletic Handbook** applicable to your level in mid September. Call Dorothy if you don't get one.

Curriculum in Motion resources for grades 4 and 5 are ready. If you have a classroom teacher at those grades who is interested in teaching math, science, social studies, ELA and health in an active way, ask them to contact Donna Crowe. These lessons were developed and discovered from other sources by our own WSD classroom and pe teachers and are available for all teachers in our division to share. We are running a pilot program in grade 6 this year and I hope to have a grade 6 resource added next September.

MEY pe/health website

<http://www.education.mb.ca/ks4/cur/physlth/>

Info for Coaches

Lots of information intended for coaches is sent from various sources to the physical education teachers. It is important that this information gets to them.

The MHSAA has sent out a **Provincial Handbook** to all high schools. Department Heads should photocopy all of the relevant pages for their coaches. They should also give a copy of the pages that coaches might need from our divisional **Athletic Handbooks** at both junior and senior high.

The MHSAA also sends out Updates to the school email address. It is imperative that

physical educators receive these and pass the info on to the various coaches in their schools. Make sure that the MHSAA has your school email address and that the secretary knows to forward the Updates to you.

All MHSAA Eligibility Forms must be sent in to the MHSAA on line by the deadline in the Handbook. Failure to do so will result in your school being fined. Please do not forget that a copy of the same form is due in the WSD Physical Education Office prior to your first game. The easiest way is to print off the form and send in the hard copy as we are not set up here to

receive forms on line. This is a very important step as it will ensure that all of our players are eligible prior to competition and there will be no "sad stories" and no penalties will be needed.

Please make sure all coaches know that they are eligible to receive up to \$100.00 towards the payment of registration fees to a coaches clinic. This is up from previous years, and a person is eligible to attend up to one clinic in every sport in which they coach. Remember that SAG conferences are not refundable. I need to have the **original receipt** in order to have the reimbursement processed.



Stuff, Stuff and more Stuff

Helmets:

Watch for information that will be coming out soon announcing a helmet program for all elementary schools. As you all know, only CSA approved helmets are recommended in the safety guidelines for activities on ice. As a result, The Division will be supplying some helmets to each elementary school. **Only helmets that are CSA Approved for hockey or speedskating will be allowed this year in the Division Elementary Skating Races.**

Ringette Sticks:

This is a new appeal. One loaner set of indoor ringette

equipment went missing last year. Please check your equipment rooms etc. to see if it is hiding in a corner somewhere. The equipment was lent to us by the Manitoba Ringette Association and was intended to be shared among all of our schools. Let me know if you find it.

Rodger's Video:

Rodger Lourenzo of Victoria Albert asked me to mention that someone borrowed his dance video of the spring workshop. Please call Rodger if you have it.

Elementary PD Committee:

We need a few more reps for this year's committee. It isn't a huge commitment, but we need new faces and ideas to plan the in-services that are offered throughout the year. If you have questions or would like to volunteer, contact Donna or Rodger.

Volunteer Registration

This is a reminder to have all of your non-staff volunteer coaches registered with the Volunteer Coordinator. This will ensure they have full protection should an accident happen. Have them contact Bev McLellan or Linda Palmer at 453-1748 or 474-1513.



Meet Cindy Mitterdorfer

As teachers we all know that we have an effect on many kids. Here is an example of just one who was touched by Irv Hanec.

Cindy attended DMCI and enjoyed and learned from all of the pe teachers but still considers Irv one of her mentors. As a matter of fact, she and some classmates still spend a weekend each summer at the Hanec cottage. Now she gets to enjoy the laugh without having to do those Throw-up Circuits!

Cindy always wanted to be a pe teacher and went straight into U of M from high school. She was a "big-time" fastball pitcher, but typically Cindy, she downplays that now.

I remember Cindy as a student-teacher at Kelvin during those "glory" years when they had a great department (let's see, I think it was Fox, Stewart, Kinley and Crowe) but I notice she didn't mention any from that list as her mentors! Anyway, she must have done okay because the Division immediately hired her to replace Roz Moore at Gen-

eral Wolfe where she spent her first 9 years. From there she moved over to Kelvin where she has been for 7 years now.

As an athlete, Cindy participated and was successful at most sports, but since becoming a teacher she has focused her coaching mainly on volleyball. When asked why she enjoyed coaching so much, the responses were fast. "I enjoy being with kids" was first, followed quickly by "its great working with kids who want to be there and who share common goals" Cindy has always told me she loves the JV level because the kids show so much improvement from the start to the end of the season.

Cindy and Chantal had a cottage built near Pinawa last year and spent the summer there relaxing, mountain biking and kayaking. In the city, their home is famous (no, this is not a joke) for the fabulous gardens. They have been listed on the Charleswood Garden Walking Tour and had a beautiful

spread in the Manitoba Gardener a couple of years ago.

In response to a question about the future, Cindy did have an interesting perspective. Most important for her is who she works with, both inside her department and inside the school. At Kelvin she has found a wonderful staff and is very happy where she is. Of course, since holidays are so fresh in her mind, Cindy did mention that as much as she loves what she is doing, holidays sure are better! I guess she must be entering Middle Age!

*"...for me,
the most
important thing
is who you work
with."*

